

## Our Routine

Warmups on All days, including the rest days.

Wednesday you can do cardio or substitute for a mixed workout.

- Warmups:
  - Neck Rotations
  - Arm Rotation
  - Knee Rotations
  - Interval Training 3/2 sets 30 Second Each
  - March in Place
  - Jumping Jacks
  - Mountain Climber
- Skipping 100
- Post Workout
  - Abs Workout , Roman Twist
  - Planks 60 Second, 45 Second 60 Second
  - Hamstring Stretches
  - Back Extensions
  - Arms to Ceiling
  - Elbow behind Head

## Monday

- Legs
  - [Squat](#) 4,10
  - [Machine Hack Squat](#) or [Leg Press](#) 3,12
  - [Stiff Legged Deadlift](#) 4,10
  - [Leg Curl](#) 3, 12
  - [Dumbbell Lunge](#) 3,8
  - [Leg Press Calf Raises](#) 3,12
  - [Seated Calf Raises](#) 3,12

## Tuesday

- Chest and Biceps
  - [Bench Press](#) 4,10
  - [Incline Bench Press](#) 3,12
  - [Cable Crossover](#) 3,12
  - [Hammer Strength Chest Press](#) 3,8
  - [Barbell Bicep Curl](#) 4,10
  - [Rope Cable Hammer Curl](#) 3,12
  - [Preacher Curl](#) 3,10

## Thursday

- Back
  - [Deadlift](#) 4, 10
  - [Barbell Row](#) 3, 12
  - [Lat Pulldown](#) 5, 8
  - [Cable Row](#) 3,12
  - [Pull up](#) 3,10
  - [Hyperextension](#) 3,12

## Friday

- Shoulder and Triceps
  - [Seated Military Press](#) 4,10
  - [Lateral Raise](#) 3,12
  - [Front Raise](#) 3,12

- [Barbell Shrugs](#) 4,12
- [Dips](#) 4,10
- [Rope Tricep Extension](#) 3, 12
- [Dumbbell Tricep Extension](#) 3,12